



**Parks and Recreation Department
Junior Lifeguard Program
P.O. Box 1990
Santa Barbara, CA 93102
(805) 897-2680**

Dear Junior Lifeguard Parents,

Welcome to the 2009 Junior Lifeguard Program! Whether this is your first time with us or you are coming back for another great summer, you should be applauded for having endured the registration process. We are excited that you have chosen us to be a part of your child's summer plans, and we guarantee lots of fun and hard work. Your children will embark upon a disciplined training program, teaching them the many components required to be a true beach lifeguard. Expect them to be physically tired after many fun-filled days of running, swimming, paddling, and other training drills.

This packet serves a number of purposes. Most importantly it is used to communicate aspects of the program; program expectations, uniform requirements, order forms, trip dates, and sign-ups. Please take the time to read the information in this packet.

Due to the large number of participants in the Junior Lifeguard Program, we always rely on parent participation. As we list our needs, we ask that you consider joining us, as a volunteer, on one or more days.

In this packet you should find the following items, some of which we would like you to fill out and return by their due date:

- Rules, Regulations, and Responsibilities Sheet
- Extra T-shirt, Hat, Sweatshirt, Beanie Order Form - **due July 2nd**
- Boat Trip Preference & Check – **due July 2nd**
- Group Picture Order Form - **due July 2nd**
- Excused Absence Report Forms
- Group Calendar

Please do not staple checks to orders. All checks made payable to **P.A.R.C.** Seal all material in an envelope with **Junior Lifeguards** written on the front and hand it to your child's Jr. Lifeguard Instructors.

If any of the above items are not in your packet, please contact the Aquatics office at 897-2680, or in person, to acquire a replacement form.

Based on feedback from the 2006 Junior Lifeguard survey, we now offer all Junior Lifeguard camp information, forms, flyers, instructor profiles and printable group calendars online at: www.sbparksandrecreation.com/summerfun

In order to prepare you for a great summer, the reverse side of this letter contains some program specifics.

Swim Test/Tryouts: To qualify for the program, new participants only must successfully pass a three-part swim test: 100-meter pool swim in 2:20 or less; 4 minutes of treading water; and a 15-yard under water swim. If you missed the swim test on May 9, you must attend the make-up test June 13 at 2pm at Los Baños Pool. If you are unable to attend this make-up date, please contact the Aquatic Section offices at 897-2680.

Daily Routine: Every day, Junior Lifeguards meet on the beach in front of the Bathhouse, by their group's appropriate flag, at 10:30am, and may be picked up here at 2pm. Parents are responsible for their children before 10:30 and after 2:00. These times and locations will only change for special events. Calendars will list specific special events.

An Announcement Board: Located inside the Bathhouse. Please check it regularly. Carpooling lists can also be found here--come in and sign up under your neighborhood.

A Tetanus Shot: Is highly recommended for your child, due to the potential hazard created by random debris (sticks and rocks) washed onto our shore.

A Hepatitis Shot: A Hepatitis "A" shot is recommended for your child, due to the potential hazard created from creek run-off. However, the Aquatics Office receives the ocean monitoring results weekly and are contacted directly by Santa Barbara County Health Officials should there be a water quality issue. Upon notification, Jr. Guard instructors will modify the daily activities to prevent potential contact.

**** Highlights and Dates to Anticipate ****

First Aid Class: A First Aid class will be offered (date TBA) at the Casa Las Palmas building. Participants will learn how to respond in an emergency and demonstrate basic first aid techniques. Participation is optional. Jr. Guards will walk escorted from Casa Las Palmas to East Beach (1/4 mile).

Boat Trips: We have two scheduled boat trips to Santa Cruz Island this summer (July 8th & July 15th). Due to the popularity of these excursions, we will once again assign spaces using a lottery system.

Junior Lifeguard Open House July 20th: We will be holding our second annual JG Open House on Monday July 20th. Come join your children and their instructors for a fun-filled evening of workouts and games, followed by a hot dog dinner.

Carpinteria Competition: Held on Friday July 17th at Carpinteria City Beach. Linden exit. All Junior Lifeguards attend and compete. There will be no activities at East Beach this day.

Jr. Guard Regionals: Regionals will be held in Seal Beach on July 24th. We are only permitted a small team of competitors due to the size of the event. The team will be picked at a later date. Please note this may involve an additional cost for competitors that are chosen to attend.

Movie Nights: Held on July 22nd and August 5th upstairs at the Cabrillo Pavilion from 6-10pm. Send your children with \$5 for pizza, sleeping bags and pillows. There will be two-movie screenings throughout both evenings.

Santa Barbara Fiesta Competition: This will be held on Friday, July 31st at East Beach. We are anticipating a large turnout of teams. This event will run from 8am to 3pm.

Ventura Competition: Held on Friday August 7th at San Buena Ventura State Beach. There will be no activities at East Beach this day.

Rincon Surf Day: All participants will spend August 10th at Rincon enjoying beach and surfing activities. Pick-up and drop-off will be at Rincon. This day begins at 9am and ends at 2pm.

Final Barbecue/Awards Banquet: Held Friday, August 14th at Chase Palm Park, under the sails, from 5 to 7pm. Junior Lifeguards will be recognized for their efforts and awarded certificates. This will be partially catered by Woody's. We will ask that you bring a specified item to share. Plan now to attend! Bring beach chairs and blankets.

As Instructors of the Junior Lifeguard Program, we are always interested in your questions and/or comments. Please feel free to drop a note, or call the office at 897-2680. We truly appreciate the support we receive, and we couldn't do it without you! We are anxiously counting down the days and very much looking forward to getting to know your kids.

See you on the beach!!!
Jr. Lifeguard Instructors